

Daily Self-Monitoring of Blood Glucose

Self-monitoring of blood glucose (blood sugar) is important for assessing treatment effectiveness and to inform nutrition therapy, physical activity, and medications to achieve the best possible glucose control. Persons with diabetes should check their blood glucose levels at least once daily.

In Virginia in 2009, 57.6% of adults with diabetes reported performing daily blood glucose checks.

Percent of adults with diabetes who report checking their blood sugar at least once daily, Virginia, 2001-2009

2001	2002	2003	2004	2005	2006	2007	2008	2009
50.1%	54.4%	55.5%	58.6%	61.0%	63.5%	60.4%	60.1%	57.6%

Data notes: Percents are weighted based on 2000 U.S. Census data, age-adjusted, and reported in three-year rolling averages. For example, the 2002 estimate is an average of data from 2001, 2002, and 2003. Two years of data were used when three were not available.

Healthy People 2020 Objective: (D-13) Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily to 70.4%.

American Diabetes Association Recommendation:

Blood sugar rates for persons with diabetes should be between 90 and 130 before meals. It is implied that self blood-glucose monitoring should be performed before each meal, and recorded in a daily log of glucose levels.

Sources: Centers for Disease Control and Prevention - Diabetes Indicators and Data Source Internet Tool; Virginia Behavioral Risk Factor Surveillance System, 2001-2009;
American Diabetes Association: [Checking Your Blood Glucose](#); www.diabetes.org.